

Pedagogical modeling of the competitive activity of athletes in Russian lapta

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Abstract

© 2016 Gabdrakhmanova and Kostarev. The rationale of the problem stated in the article is defined by the fact that in the sphere of sports modeling is a new method of investigating of the work-out sessions construction on the basis of the definition of the different characteristics of sports training and rational methods of its structural parts construction. The purpose of the article is to develop pedagogical modeling in competitive activity of athletes on the example of Russian lapta. The leading method of research of this problem is the modeling method that allows considering this problem as a targeted and organized process and corresponds to the specificity of competitive activity in the Russian lapta. The structure of the provided pedagogical model includes a number of elements: external and internal factors that determine the functioning of the modeled object; training process; playing activities; control unit; set of criteria of effectiveness of lapta players training assessment. Quality of the developed model is expressed in a logical relationship of its structural elements, correspondence of the model to the specific conditions of its implementation, flexibility of the model to make the necessary adjustments to the training process. The model is aimed at improving the efficiency of competitive activity in the Russian lapta, which is a system formed of a plurality of elements that are in conjunction with each other and have a common goal-to increase the impact of competitive activity by the directional pedagogical influence to the components of the sports fitness players condition.

Keywords

Athletes, Competitive activity, Modeling, Pedagogical model, Russian lapta